

# Effective goal setting



Jóhann Ingi Gunnarsson, psychologist



EUROPEAN HANDBALL  
FEDERATION



EUROPEAN HANDBALL  
FEDERATION

# Mental training

- It takes time to develop physical, technical and tactical skills
  - It also takes time to develop mental capabilities
- It's important to understand the need to commit to mental training



EUROPEAN HANDBALL  
FEDERATION

# Mental preparation

- How much time have I spent on mental preparation so far?
- How much time are you going to spend on it to achieve more success?



EUROPEAN HANDBALL  
FEDERATION

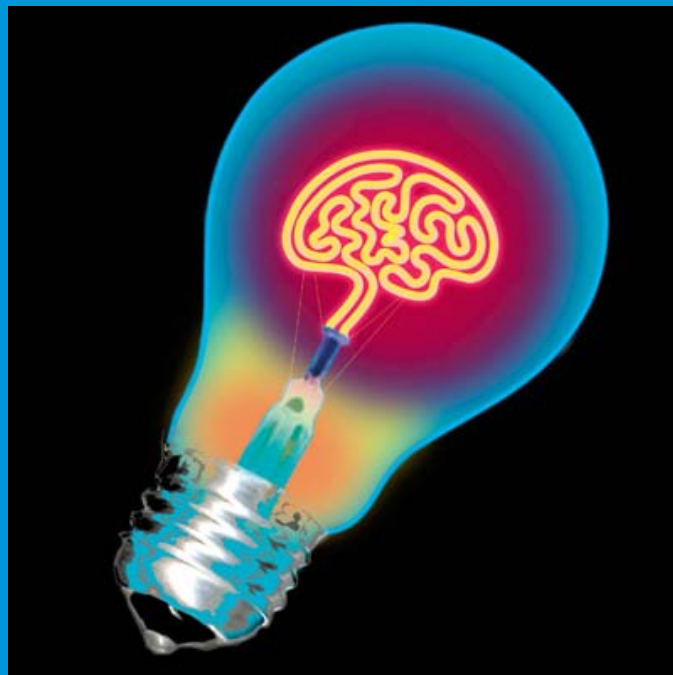
“Failure to prepare  
is preparing to fail”

John Wooden



EUROPEAN HANDBALL  
FEDERATION

**I'm responsible for  
my own mindset!**



**- Is my light on?**



**EUROPEAN HANDBALL  
FEDERATION**

# Mental preparation

- The next match is the most important match in my career
- Video analysis is a must – but don't overdo it
  - Establish the right mindset - I *choose* a positive mindset
  - Decide where you draw the line



EUROPEAN HANDBALL  
FEDERATION

# Mental preparation

- Expect mistakes
- Expect to make tough decisions
- Expect a good performance



EUROPEAN HANDBALL  
FEDERATION



# Goals

- Do you know what drives you and motivates you?
- Do you know your strengths and weaknesses?
- Have you set yourself goals?
  - Do you work systematically on your progress?
  - Do you know what kind of coach you want to be?



EUROPEAN HANDBALL  
FEDERATION

# To achieve success you need...

1. Clear goals
2. Motivation – a strong will
3. Belief
4. To plan and prepare
5. To take action and  
follow through



EUROPEAN HANDBALL  
FEDERATION

# Clear goals

- Can I see the goal in my head?
- How does it feel like? How do I want to be?
- What kind of skill, attitude and performance do I need to possess?
- Cool head? Determination? Stamina? Concentration?
- What obstacles can stand in my way? What do I want to do differently?



EUROPEAN HANDBALL  
FEDERATION

# Motivation

- Are you hungry enough? Enthusiastic?  
Am I interested?
- What's the gain? What are the benefits  
of reaching the goal?
- What does it take? Am I ready to do more?
  - What sacrifices? Too much effort?  
Do I really want to put myself  
through this?
  - Do I set myself obstacles?  
Have I already made  
some excuses?



EUROPEAN HANDBALL  
FEDERATION

# Belief

- Do I sincerely believe that I can do this?
  - Do others believe in me?  
Does it matter to me?
  - Do I see myself as a winner?
- How do I talk to myself / about myself?
  - Am I looking for solutions?  
Can I work through my doubts?



EUROPEAN HANDBALL  
FEDERATION

# Preparation

- Are your ways laid out?  
Way A, B or even C?
- What do I precisely have to do?  
When do I start? Are the surroundings ok? Equipment?
- What do I have to practice – make better?
  - How am I going to face adversity and the unexpected?
  - What kind of images and suggestion will I use?



EUROPEAN HANDBALL  
FEDERATION

# Action

- Practice – step by step
- Prepare for mistakes or protest
  - don't be disappointed or use self-pity.
- Quitting is not an option!
- Use your support system
  - be around positive people
- Only you can reach your goal
  - no one can do it for you



EUROPEAN HANDBALL  
FEDERATION

# Goal setting – Outcome vs. Performance

- Being too fixated on outcome (longer-term) goals can increase stress levels
  - “Win the championship...”,  
“Be elected coach of the year”
- Performance (shorter-term) goals are more controllable
  - “Remain confident throughout the game”
  - “Staying focused during the tougher times”



EUROPEAN HANDBALL  
FEDERATION



# Keep in mind

- Write down the goals that mean the most to you. And keep them visible!
- Set time limits for both your outcome goals and your performance goals.  
Keep the time limits
  - Be quick to stand up again if something goes wrong
  - Stop regularly and see if you´re on the right track.



EUROPEAN HANDBALL  
FEDERATION

# SMART

- Specific
- Measurable
- Achievable
- Realistic – Challenging
- Time-based



EUROPEAN HANDBALL  
FEDERATION

“Wanting to win isn’t  
enough  
– champions need to win”



EUROPEAN HANDBALL  
FEDERATION